NITYA KARMA

(FOR GIRLS)

1. Wake Up During Brahma Muhurta

Wake Up about 1.5 hours before sunrise.

2. Prātaḥ Smaraṇa

Chant:

वामनाय नमः।

वामनाय नमः।

वामनाय नमः।

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3. Karadarśanam

Recite:

कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती।

करमूले स्थितो गौरी प्रभाते करदर्शनम्॥

Translation: At the tips of the hands resides Lakshmi, in the center Saraswati, and at the base Gauri. Thus, see the palms at dawn.

4. Mātā-Pitā Vandanam

5. Bhūmi Vandanā

Before stepping on the ground, offer respect to Mother Earth:

समुद्रवसने देवि पर्वतस्तनमण्डले।
विष्णुपत्नि नमस्तुभ्यं पादस्पर्शं क्षमस्व मे॥

Translation: O Devi, who has the Ocean as Your garment and mountains as Your bosom, O Consort of Vishnu, please forgive the touch of my feet on you.

6. Some Cleaning Work

- Bed Making, Buharna (Sweeping), etc.

7. Freshen Up, Yog, Exercise, etc.

8. Snānam

If possible, add a small amount of sacred Gaṅgā water to your regular bathing water.

While bathing, remember the sacred rivers.

Chant:

गङ्गे च यमुने चैव गोदावरि सरस्वति।
नर्मदे सिन्धु कावेरी जलेऽस्मिन सन्निधिं कुरु॥

Translation: May the holy rivers Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu, and Kaveri be present in this water.

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9. Nitya Pūjā

9.1. Enter the puja room, clean the area where the deity is placed, and then sprinkle water, remembering Govinda, to purify the space.

9.2. Offer Chandan[1] (sandalwood paste), Pushpa[2] (flowers), light Agarbatti[3] (incense sticks), and then light the Diya[4] (lamp).
[HowTo: *Take the first three batis (small wick) of cotton and merge them into one. First, pour oil into the lamp, then place the merged bati in the diya, dipping it in oil and light it. Place the diya facing east or north - towards yourself for kāmanāpūrtī (fulfillment of desires) or towards God for mukti, jñāna*.**]**

Then offer Naivedya[5] (Akshat and tulsi will do the work if you don't have daily naivedya)

9.3. Sit in front of the diya and recite the Lakṣmī Aṣṭottara Nāma (Mandatory, at least one). If you have time, you should also recite the Durga Aṣṭottara Nāma or the Gauri Aṣṭottara Nāma.

If you can recite the Devi Suktam or any stuti-s of Bhagavati, Maheshwara, or Narayana daily, that would be wonderful. If not, try to do so at least on Tuesdays, Fridays, during Navratri, or other auspicious days.

9.4. Afterward, recite Kṣamā Prārthanā. If not Sanskrit, say this in your mother tongue:
Mother, I don't know the rituals, I don't know how to worship, and I don't even know the language or the grammar rules. Please forgive me for any mistakes in pronunciation, intonation, alphabet, words, phrases, or any other errors. I am a sinner, O Mother, O Gaurī. Forgive the many mistakes I make every day. Hey Gaurī, Hey Durgā, Hey Mā—You are my only refuge; there is no one else. Please protect me with your compassion.

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In Bangla: মা, আমি জানি না আচার-আচরণ, আমি পূজা করতে জানি না, এবং আমি ভাষা বা ব্যাকরণের নিয়মও জানি না। আমাকে উচ্চারণ, স্বরলিপি, অক্ষর, শব্দ, বাক্য বা অন্য কোনো ভুলের জন্য ক্ষমা করুন। আমি একটি পাপী, মা, গৌরী। প্রতিদিনের হাজার হাজার ভুলের জন্য আমাকে ক্ষমা করুন। হে গৌরী, হে দুর্গা, হে মা–আপনি আমার একমাত্র আশ্রয়, আর কেউ নেই। দয়া করে আমাকে আপনার করুণায় রক্ষা করুন।

9.5. On holidays, if time allows, visit a nearby temple. With a sincere heart, offer your prayers and seek forgiveness. Remember, she is our Mother, and she will guide you. Also, seek forgiveness from your own mother.
If you know any devotional songs, stuti-s, strotra-s, preferably in Bengali, Hindi, or Sanskrit—praise for Durga, Shiva, or Vishnu—sing them with devotion. That's all.

9.6. Light a diya during Sandhyā (evening). Offer prayers and recite some stutis.

9.7. Before sleeping, chant **"Namah Shivaya."**
(Also, avoid using your phone 1-2 hours before bed.)

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Other Things: -

- **Maasik dharma (During Periods):**
  Avoid performing any puja, lighting a diya, or engaging in any religious rituals, or entering the temple/puja room during this time (3 - 5 days).

- Perform ***Rukmini Kalyanam Parayanam*** or the ***Solah Somvar Vrat*** for a desirable husband and a happy married life.

- Observe fasts on auspicious days like ***Ekadashi***, ***Shivaratri,*** and other special days for your well-being and desires (only if your body is fit and healthy, and you are not ill).

- Don’t chase after temporary pleasures, and avoid having sexual thoughts all the time.

- Don’t think negatively about your parents or anyone else. Instead, have karuna, daya, seva bhavana, and prema for all living beings.

- When you get married, your husband should be above all others, the foremost in your life. Have unwavering love and respect for him. Follow your *pativrata dharma*, and you will attain moksha.
  (But also, if the husband is not ideal—meaning if he is a womanizer, an abuser, or physically abusive—then you are not obligated to follow this path. you should leave him. But do Gauri Vandana, and you will get the husband of your desires.)

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Stuti-s

(here list of some, you can do other than these too. Do one-two stuti, if time permits)

Devi Stuti

अर्जुन कृत श्री दुर्गा स्तोत्रम्:

नमस्ते सिद्धसेनानि आर्ये मन्दरवासिनि ।
कुमारि कालि कापालि कपिले कृष्णपिङ्गले ॥ 1 ॥

भद्रकालि नमस्तुभ्यं महाकालि नमोऽस्तु ते ।
चण्डि चण्डे नमस्तुभ्यं तारिणि वरवर्णिनि ॥ 2 ॥

कात्यायनि महाभागे करालि विजये जये ।
शिखिपिञ्छध्वजधरे नानाभरणभूषिते ॥ 3 ॥

अट्टशूलप्रहरणे खड्गखेटकधारिणि ।
गोपेन्द्रस्यानुजे ज्येष्ठे नन्दगोपकुलोद्भवे ॥ 4 ॥

महिषासृक्प्रिये नित्यं कौशिकि पीतवासिनि ।
अट्टहासे कोकमुखे नमस्तेऽस्तु रणप्रिये ॥ 5 ॥

उमे शाकम्भरि श्वेते कृष्णे कैटभनाशिनि ।
हिरण्याक्षि विरूपाक्षि सुधूम्राक्षि नमोऽस्तु ते ॥ 6 ॥

वेदश्रुतिमहापुण्ये ब्रह्मण्ये जातवेदसि ।
जम्बूकटकचैत्येषु नित्यं सन्निहितालये ॥ 7 ॥

त्वं ब्रह्मविद्या विद्यानां महानिद्रा च देहिनाम् ।
स्कन्दमातर्भगवति दुर्गे कान्तारवासिनि ॥ 8 ॥

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स्वाहाकारः स्वधा चैव कला काष्ठा सरस्वती ।
सावित्री वेदमाता च तथा वेदान्त उच्यते ॥ 9 ॥

स्तुतासि त्वं महादेवि विशुद्धेनान्तरात्मना ।
जयो भवतु मे नित्यं त्वत्प्रसादाद्रणाजिरे ॥ 10 ॥

कान्तारभयदुर्गेषु भक्तानां चालयेषु च ।
नित्यं वससि पाताले युद्धे जयसि दानवान् ॥ 11 ॥

त्वं जम्भनी मोहिनी च माया ह्रीः श्रीस्तथैव च ।
सन्ध्या प्रभावती चैव सावित्री जननी तथा ॥ 12 ॥

तुष्टिः पुष्टिर्धृतिर्दीप्तिश्चन्द्रादित्यविवर्धिनी ।
भूतिर्भूतिमतां सङ्ख्ये वीक्ष्यसे सिद्धचारणैः ॥ 13 ॥

इति श्रीमन्महाभारते भीष्मपर्वणि त्रयोविंशोऽध्याये अर्जुन कृत श्री दुर्गा स्तोत्रम् ।

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Shiva Stuti

Rudrashtakam:

नमामीशमीशान निर्वाणरूपं। विभुं व्यापकं ब्रह्मवेदस्वरूपम्॥
निजं निर्गुणं निर्विकल्पं निरीहं। चिदाकाशमाकाशवासं भजे हं।।
निराकारमोंकारमूलं तुरीयं। गिरा ग्यान गोतीतमीशं गिरीशं।
करालं महाकाल कालं कृपालं। गुणागार संसारपारं नतो हं।।

तुषाराद्रि संकाश गौरं गम्भीरं। मनोभूत कोटि प्रभा श्री शरीरं।
स्फुरन्मौलि कल्लोलिनी चारु गंगा। लसद्भालबालेन्दु कण्ठे भुजंगा।।
चलत्कुण्डलं भ्रू सुनेत्रं विशालं। प्रसन्नाननं नीलकण्ठं दयालं।।
मृगाधीशचर्माम्बरं मुण्डमालं। प्रियं शंकरं सर्वनाथं भजामि।।

प्रचण्डं प्रकृष्टं प्रगल्भं परेशं। अखण्डं अजं भानुकोटिप्रकाशम्।
त्रय: शूल निर्मूलनं शूलपाणिं। भजे हं भवानीपतिं भावगम्यं।।
कलातीत कल्याण कल्पांतकारी। सदासज्जनानन्ददाता पुरारी।
चिदानन्द संदोह मोहापहारी। प्रसीद प्रसीद प्रभो मन्मथारी।।
न यावद् उमानाथ पादारविंदं। भजंतीह लोके परे वा नराणां।
न तावत्सुखं शान्ति सन्तापनाशं। प्रसीद प्रभो सर्वभूताधिवासं।।
न जानामि योगं जपं नैव पूजां। नतो हं सदा सर्वदा शम्भु तुभ्यं।
जराजन्म दु:खौघ तातप्यमानं। प्रभो पाहि आपन्नमामीश शंभो।।

रुद्राष्टकमिदं प्रोक्तं विप्रेण हरतोषये। ये पठन्ति नरा भक्तया तेषां शम्भु: प्रसीदति॥

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Vishnu Stuti:

शान्ताकारं भुजंगशयनं पद्मनाभं सुरेशं
विश्वाधारं गगन सदृशं मेघवर्ण शुभांगम् ।
लक्ष्मीकांत कमलनयनं योगिभिर्ध्यानगम्यं
वन्दे विष्णु भवभयहरं सर्व लौकेक नाथम् ॥

औषधे चिंतये विष्णुम, भोजने च जनार्धनम ।
शयने पद्मनाभं च, विवाहे च प्रजापतिम||

युद्धे चक्रधरम देवं, प्रवासे च त्रिविक्रमं|
नारायणं तनु त्यागे, श्रीधरं प्रिय संगमे||

दुःस्वप्ने स्मर गोविन्दम,संकटे मधुसूधनम|
कानने नारासिम्हम च,पावके जलाशयिनाम||

जलमध्ये वराहम च, पर्वते रघु नन्दनं|
गमने वामनं चैव, सर्व कार्येशु माधवं||

षोडशैतानी नमानी प्रातरुत्थाय यह पठेत
सर्वपापा विर्निमुक्तो विष्णुलोके महीयते ||

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Ganesh Stuti

गणेश-द्वादशनामस्तोत्रम्:

सुमुखश्चैकदन्तश्च कपिलो गजकर्णकः।
लम्बोदरश्च विकटो विघ्ननाशो विनायकः।।
धूम्रकेतुर्गणाध्यक्षो भालचन्द्रो गजाननः।
द्वादशैतानि नामानि यः पठेच्छृणुयादपि।।
विद्यारम्भे विवाहे च प्रवेशे निर्गमे तथा।
संग्रामे संकटे चैव विघ्नस्तस्य न जायते।।

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